

Dear all,

With the current restrictions WAC is only allowed to include a limited number of things. It is not always easy to understand the logic of what is and is not allowed but it must be very challenging for Government to work out what can and cannot be allowed. We do hope you are all being careful. One day we will all be back together.

In the meantime 2 new activities are reopening in WAC for a limited number of people to come into. We think these will be the last while London remains in Tier 2. Both need social distancing so cannot take every one who was coming before but at least at this moment have some spaces.

- **LINE DANCE MONDAY** Starting Monday 2nd November

Only ten people per classes

Session from 1pm to 2pm (4 places left)

Session from 2.30pm to 3.30pm (6 places left)

£28 to be paid on Monday 2nd November at the start of the sessions

This price include 7 sessions (Monday 2nd November to Monday 14th December)

You can email Jean Leclerc to reserve your spot: parisrockclub@gmail.com or phone him on 07944 775 556

NB Jean's Line Dance is continuing rain or shine in Kennington Park on Wednesdays 2.30-3.30
Jean's dance class for WAC on Thursday PMs is also continuing on Zoom - free - see attached Zoom sheet

- **TAI CHI** is returning to the Waterloo Action Centre (WAC) from 4th November 2020 Wednesdays 14.15 to 15.15

"Laura is delighted to welcome you back to Tai Chi classes enabled by WAC. Classes will be for 9 attendees in total to allow social distancing. The class price is £4.00 per person as previous funding is no longer available. Under Coronavirus Tier 2 requirements indoor sporting activities are permitted as long as social distancing is observed. Please email taichiwac@gmail.com by 1pm on Tuesdays to book on. If you know of previous attendees who do not use email please email taichiwac@gmail.com with a contact number for them and we'll be in touch"

Welfare Benefits Advice Even though we have managed to increase Val's hours and Carol, the experienced volunteer, is now helping again one day a week, there have been too many requests for help recently. So unless you are already being helped by Carol or Val or you are a regular WAC user and it is an emergency we cannot take any new people to help at present.

On Thursdays from 5th November we will be allowing access to WAC computers, to a few people who need to use computers to do their benefit claims. Some IT support will be available with this. If you would like a slot please email wac.office1971@gmail.com or come in on Thursday between 10 -12 to see if a space is available.

Other computer help for older people and people with disabilities continues on Mondays, Weds, Fridays 10.30-12.30. . Also we are still able to help a few people isolating at home with their IT problems. If interested in following this up contact chrisdwac@gmail.com or come into WAC during those times.

Gentle Exercise on Zoom is now running regularly on Tuesdays at 10.50am- earlier hiccups hopefully now over. For this and other Zoom activities free from WAC please see attached list.

Also is an attachment Lambeth Carers asked us to circulate.

Best wishes Jenny

Jenny Stiles BA, MSc (Social Policy Analysis and Development), Post Grad Diploma in Social Work (LSE), Post Grad Diploma in Social Administration.

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